

Potato Spinach Casserole

Makes: 6 servings

Ingredients

1 2/3 cups frozen hash browns, country style (about 12 ounces, thawed)
1/2 cup green pepper (finely chopped, divided)
1/2 cup onion (finely chopped, divided)
1/2 teaspoon salt
1/2 teaspoon black pepper
1 can evaporated milk, nonfat (12 ounces)
3/4 cup egg whites
1/2 cup cheese, reduced-fat sharp cheddar, shredded
1/2 cup cheese, reduced fat Monterey Jack, shredded
1 cup spinach (washed and chopped, fresh)
1/2 cup tomatoes (chopped, fresh)

Directions

1. Preheat oven to 425 degrees.
2. Wash your hands and work area.
3. In large bowl, combine hash browns, green pepper, 1/4 cup onion, salt, and 1/4 teaspoon pepper.
4. Spray a 8x8 inch baking dish with non-stick cooking spray. Press potato mixture into bottom.
5. Bake until lightly browned around edges, 20-25 minutes.
6. In large bowl, stir together evaporated milk, egg whites, 1/4 teaspoon pepper, cheeses, spinach, remaining 1/4 cup onion, and tomatoes.
7. Reduce oven temperature to 350 degrees.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	180	
Total Fat	4 g	6%
Protein	15 g	
Carbohydrates	21 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	2.5 g	13%
Sodium	490 mg	20%

8. Pour mixture over potato crust. Bake uncovered until center is set, 40-45 minutes.

9. Cover and let stand for 10 minutes. Cut into 6 pieces. Serve hot.

10. Cover and refrigerate leftovers within 2 hours.

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